

Simple Steps to Help Kids Breathe Easier



- **Keep second-hand smoke outside**
- **Keep it clean**
- **Keep it dry**
- **Keep pests out**
- **Keep pets out of sleeping areas and off furniture**
- **Keep informed about outdoor air quality**
- **Keep up-to-date with your child's health**



Indiana Department of Environmental Management
Children's Environmental Health
www.in.gov/idem/kids



Indiana State
Department of Health

Keep second-hand smoke outside

- If an adult smokes, smoke outside and do not smoke in the car.
- Avoid wood burning stoves and fireplaces.

Keep it clean

- Wash sheets in hot water once a week to reduce dust mites. Avoid feather pillows and wool blankets.
- Choose washable stuffed toys and keep them off beds.
- Wet dust when possible and use vacuums with high efficiency filter bags.
- Change furnace filters every season.

Keep it dry

- Clean hard surfaces with a bleach solution (1/2 cup bleach per gallon of water or soapy water) to remove mold.
- Keep drip pans from air conditioners, refrigerators and dehumidifiers clean and dry.
- Use exhaust fans while cooking, showering and running the dishwasher.

Keep pests out

- Keep pests from entering your home by sealing holes and applying weather stripping on door entrances.
- Clean-up spills right away and do not leave trash out.
- Store food in airtight containers.
- Reduce clutter and cardboard.
- Use baits in crevices for insects and traps for rodents instead of applying pesticide sprays.

Keep pets out of sleeping areas and off furniture

- Consider keeping pets outdoors if your child has allergies.

Keep informed about outdoor conditions

- Limit outdoor activity on ozone action days.
- Call the IDEM Smog Watch ozone forecast at 800-631-2871 or visit the internet at www.in.gov/idem/air/smog/ to access the daily ozone forecasts.
- Be cautious in extreme weather changes and when the pollen count is high. Contact your local weather channel or search online sources for pollen and mold counts.

Keep up-to-date with your child's health

- If your child has asthma or you suspect they might have asthma, see your doctor and develop an **ASTHMA MANAGEMENT PLAN**. This plan will include your child's medications, lung capacity readings and environmental triggers.